

September 2015

"NC Certified Senior Center of Excellence" Farmington Site

998-3730

1723 Farmington Road,, Mocksville NC 27028

Tuesday, September 1

- Gardening 10:00am
- Sr. Exercise & Walking 10:30am

Wednesday, September 2

Teeth Health - 10:30am
 Pre-register by Aug. 26

<u>Thursday, September 3</u>

- Gardening 10:00am
- Movie 10:30am

Friday, September 4

Games/Wii - 10:30am

<u> Monday, September 7</u>

· CLOSED - LABOR DAY

Tuesday, September 8

- Gardening 10:00am
- Exercise and Walking 10:30am

Wednesday, September 9

Words for September - 10:30am

Thursday, September 10

- Gardening 10:00am
- Games/Wii 10:30am

Friday, September 11

Milkshake Day - 10:30 am
 Pre-register by Sept. 4

Monday, September 14

 Importance of a Healthy Breakfast - 10:30am
 Pre-register by Sept 3

Tuesday, September 15

- Gardening 10:00am
- Sr. Exercise & Walking 10:30am

TRANSPORTATION NOW AVAILABLE!!

YVEDDI will pick up seniors and bring them to the Farmington center on Monday, Wednesday and Friday. Call YVEDDI at 751-2187 to have the van pick you up.

Don't forget to reserve your meal on those days.



Lunch is served every weekday at the Farmington Site at 11:30am.

To reserve your meal, you must call by 12:00pm on the day before you wish to come for lunch.

September, 2015

Farmington Site Calendar of Events

Wednesday, September 16

• Blood Pressure Screens - 10:30am

Thursday, September 17

- Gardening 10:00am
- National Apple Dumpling Day 10:30am

<u>Friday, September 18</u>

Games/Wii - 10:30am

<u> Monday, September 21</u>

Brain Games Word Puzzle - 10:30am

Tuesday, September 22

- Gardening 10:00am
- Sr. Exercise & Walking 10:30am

Wednesday, September 23

• Simon Says Game - 10:30am

Thursday, September 24

- Gardening 10:00am
- Games/Wii 10:30am

Friday, September 25

Pantry Bingo - 10:30am
 Sponsored by Cozart Handyman Services
 Pre-register by Sept. 18

Monday, September 28

Decorate Tree for Fall - 10:30am

Tuesday, September 29

- Gardening 10:00am
- Sr. Exercise & Walking 10:30am

Wednesday, September 30

Craft Day - 10:30am





Please Note:

The following activities are regularly scheduled each month:

- Gardening Tuesdays & Thursdays - 10:00am (In Season)
 - Craft Day Last
 Wednesday of the
 Month @ 10:30am
 - Senior Exercise and Walking each Tuesday 10:30am
- Blood Pressure Checks -3rd Wednesday of each month @ 10:30am

If there are other activities you would like to see regularly scheduled, please let us know.

